

Appendix 1

The Indian Seasons and Lunar Months

The Pali names of the ancient **Indian months** given here follow Vism 621 and its *Ṭikā* (based on Ñāṇamoli's *A Pali-English Glossary of Buddhist Technical Terms*, 1994), with the Sanskrit names and number of days added:

<u>Season</u>	<u>Sub-season</u>	<u>Month</u>	<u>Sanskrit</u>	<u>Days</u>	<u>Equivalent</u>
	Hemanta	Māga,sira	Mārga,śīrśa	30	Nov-Dec
Hemanta (cold)	(winter)	Phussa	Puṣya*	30	Dec-Jan
	Sisira	Māgha	Māgha	30	Jan-Feb
	(cool)	Phagguna	Phālguna*	30	Feb-Mar
	Vasanta	Citta	Caitra	30	Mar-Apr
Gimhāna (heat)	(spring)	Vesākha	Vaiśākha	31	Apr-May
	Gimha	Jeṭṭha	Jyaiṣṭha	31	May-Jun
	(summer)	(Uttar') Āsāḷha	Āṣāḍha	31	Jun-Jul
	Vassanā	Sāvana	Śrāvaṇa	31	Jul-Aug
Vassāna (rains)	(rains)	Proṭṭha,pāda	Proṣṭha,pada*	31	Aug-Sep
	Sārada	Assa,yuja	Āśva,yuja	30	Sep-Oct
	(autumn)	Kattika	Kārttika	30	Oct-Nov

[*Puṣya also called Pauṣa; Phālguna also called Phaggu; Proṣṭha,pada also called Bhādra,pada.]

Note: The Indian month begins on the first day of the waning moon and ends on the full moon.

See Vism:Ñ 15 n10; VvA:M 107 n102.

See SD 1.2 n & http://en.wikipedia.org/wiki/Hindu_calendar.

Appendix 2. The 40 meditation methods (Vism 3.104-133/110-112)¹

MEDITATION METHOD	PERSONALITY	CONCENTRATION LEVEL	
10 kasīnas			
1. earth (<i>paṭhavī</i>)	all personality types	1 st -4 th dhyana	
2. water (<i>āpo</i>)			
3. fire (<i>tejo</i>)			
4. wind (<i>vāyo</i>)	hating		
5. blue (<i>nīla</i>)			
6. yellow (<i>pīṭa</i>)			
7. red (<i>lohita</i>)			
8. white (<i>odāta</i>)	all personality types		
9. light (<i>āloka</i>) ²			
10. space (limited) (<i>ākāsa</i>)			
10 foulness (<i>asubha</i>)			
11. the bloated	lustful	1 st dhyana	
12. the livid			
13. the festering			
14. the cut-up			
15. the gnawed			
16. the scattered			
17. the hacked and scattered			
18. the bleeding			
19. the worm-infested			
20. the skeleton			
21. loathsomeness of food ³	intellectual	access	
22. analysis of the 4 elements			
10 recollections (<i>anussati</i>)			
23. recollection of the Buddha	(the 6 inspiring meditations) faith	access	
24. recollection of the Dharma			
25. recollection of the Sangha			
26. recollection of moral virtue			
27. recollection of charity			
28. recollection of the gods			
29. mindfulness of death	intellectual	1 st dhyana	
30. mindfulness of the body	lustful		
31. mindfulness of the breath	delusive/discursive		1 st -4 th dhyana
32. recollection of peace	intellectual		access
4 immeasurables (<i>appamaññā</i>)			
33. lovingkindness	hateful	1 st -3 rd dhyana	
34. compassion			
35. appreciative joy			
36. equanimity	—	4 th dhyana	
4 formless meditations (<i>ārūppa</i>)			
37. perception of boundless space	all personality types	4 th dhyana	
38. perception of boundless consciousness			
39. perception of nothingness			
40. neither-perception-nor-non-perception			

¹ See *Bhāvanā*, SD 15.1 (Fig 8.1); R Gethin 1998:178 (Table 4) & H Gunaratana 1985:219-221 (App 3).

² In the suttas, *āloka kasīna* is replaced by *viññāṇa kasīna* (consciousness kasina), eg A 10.29,4 (SD 16.15).

³ Sometimes known as “the one perception” (*eka,saññā*). This (21) and foll (22) are each a class of their own.

Appendix 3 The 31 realms of existence according to the Pali sources⁴

SD 1.7 (Appendix)

<u>WORLD</u> (<i>dhātu</i>)	<u>COSMOLOGY</u>	<u>PSYCHOLOGY</u>	
REALM (<i>bhūmi</i>)	LIFE-SPAN	KARMA (leading to rebirth in corresponding realm)	
FORMLESS WORLD (<i>arūpa, dhātu</i>)	Neither-perception-nor-non-perception (<i>n'eva, saññā, nāsaññ'āyatana</i>)	84,000 aeons	} FORMLESS SPHERE (<i>arūpāvacara</i>) Formless attainments (<i>arūpa samāpatti</i>)
	Nothingness (<i>ākiñcaññ'āyatana</i>)	60,000 aeons	
	Infinite consciousness (<i>viññāṇañc'āyatana</i>)	40,000 aeons	
	Infinite space (<i>ākāśānanc'āyatana</i>)	20,000 aeons	
FORM WORLD (<i>rūpa, dhātu</i>)	The peerless (<i>akaniṭṭhā</i>)	16,000 aeons	} FORM SPHERE (<i>rūpāvacara</i>) PURE ABODES (<i>suddh'āvāsa</i>) Path of non-returning (<i>anāgāmi, magga</i>) Supramundane 4 th dhyana Non-percipient attainment (<i>asañña, samāpatti</i>) Ordinary 4 th dhyana
	The clear-visioned (<i>sudassī</i>)	8,000 aeons	
	Of clear beauty (<i>sudassā</i>)	4,000 aeons	
	The serene (<i>atappā</i>)	2,000 aeons	
	The durable (<i>avihā</i>)	1,000 aeons	
	Non-percipient beings (<i>asañña, satta</i>)	500 aeons	
	Abundant Fruit (<i>veha-p, phala</i>)	500 aeons	
↑ <i>destroyed by wind</i>	Radiant glory (<i>subha, kiṇha</i>)	64 aeons	} 3 rd dhyana
	Boundless glory (<i>appamaṇa, subha</i>)	32 aeons	
	Limited glory (<i>paritta, subha</i>)	16 aeons	
↑ <i>destroyed by water</i>	Streaming radiance (<i>ābhassara</i>)	8 aeons	} 2 nd dhyana
	Boundless radiance (<i>appamān'ābha</i>)	4 aeons	
	Limited radiance (<i>paritt'ābha</i>)	2 aeons	
↑ <i>destroyed by fire</i>	Great Brahma (<i>mahā brahmā</i>)	1 aeon	} 1 st dhyana
	Brahma's ministers (<i>brahmā purohita</i>)	½ aeon	
	Brahma's retinue (<i>brahmā pārisajja</i>)	¼ aeon	
SENSE WORLD (<i>kāma, dhātu</i>)	Lords of other's creations (<i>paranimmita, vasavatti</i>)	128,000 cy	} SENSE-SPHERES (<i>kāmāvacara</i>) HAPPY DESTINIES (<i>sugati</i>) 10 courses of wholesome karma motivated by non-attachment, loving-kindness and wisdom THE DESCENTS (<i>apāya</i>) 10 courses of unwholesome karma motivated by greed, hate and delusion [cy = celestial years]
	Those who delight in creation (<i>nimmāna, ratī</i>)	64,000 cy	
	The contented (<i>tusita</i>)	16,000 cy	
	The Yāma gods (<i>yāma</i>)	8,000 cy	
	The thirty-three (<i>tāvatisa</i>)	2,000 cy	
	The 4 great kings (<i>cātum, mahārājika</i>)	500 cy	
	Human beings (<i>manussa</i>)	variable	
	[Titans Ghosts Animals Hell beings (<i>asura, kāya</i>) (<i>petti, visāya</i>) (<i>tiracchāna, yoni</i>) (<i>niraya</i>)	unspecified unspecified unspecified unspecified	

⁴ SD 1.7 (Appendix). Based on Rupert Gethin, *The Foundations of Buddhism*, 1998:116-117.

